

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN  
MEAL

OPTION  
1

OPTION  
2

Cheese & Bean  
Lasagne



Margherita  
Pizza & Wedges



Vegan Lentil & Stuffing  
Pastry Roll



Vegan Bolognese &  
Penne Pasta



Vegan Vegetable  
Nuggets & Chips



Ham & Cheese  
Pasta

Traditional Creamy  
Beef Lasagne



Roast Gammon with  
Roasted Potatoes & Gravy

Sweet & Sour Chicken  
& Rice



MSC Approved Fish  
Fingers & Chips

Carrots  
& Peas



Broccoli



Roasted Carrots  
& Parsnips



Peas



Beans



House Tomato  
Sauce



Cheese  
Sauce



House Tomato  
Sauce



Cheese  
Sauce



Creamy  
Pesto



AVAILABLE EVERY DAY

Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

SWEET  
TREATS



Blueberry  
Cookie Bar



Chocolate &  
Banana Brownie



Strawberry Yoghurt  
& Strawberry Sauce



Apple &  
Cocoa Sponge



Raspberry  
Jelly



Desserts available every day - a choice of jelly, fruit or yoghurt

KEY

Nutritionist's Choice



Vegetarian



Vegan



Added Wholewheat



|                         | Monday                                            | Tuesday                                      | Wednesday                                | Thursday                                   | Friday                        |
|-------------------------|---------------------------------------------------|----------------------------------------------|------------------------------------------|--------------------------------------------|-------------------------------|
| <b>MAIN MEAL</b><br>    | <b>OPTION 1</b><br>Margherita Pizza & Wedges      | Vegan Sausage with Mashed Potatoes & Gravy   | Vegan Cottage Pie & Gravy                | Cheesy Cauliflower Pasta Bake              | Tex-Mex Vegetable Fajita Wrap |
|                         | <b>OPTION 2</b><br>MSC Approved Salmon Pasta Bake | Pork & Beef Sausage, Mashed Potatoes & Gravy | Roast Turkey with Roast Potatoes & Gravy | Mild Caribbean Chicken Curry & Carrot Rice | MSC Approved Fish & Chips     |
| <b>VEGGIES</b><br>      | Peas                                              | Carrot & Peas                                | Broccoli & Cauliflower                   | Carrot & Mixed Salad                       | Baked Beans                   |
| <b>PASTA</b><br>        | Cheese Sauce                                      | House Tomato Sauce                           | Cheese Sauce                             | House Tomato Sauce                         | Creamy Pesto                  |
| <b>SWEET TREATS</b><br> | Strawberry Mousse                                 | Oaty Apple Crumble & Custard                 | Original Flapjack                        | Chocolate & Carrot Muffin                  | Raspberry Jelly & Mandarins   |

**AVAILABLE EVERY DAY** Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

Desserts available every day – a choice of jelly, fruit or yoghurt

**KEY**

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Vegetarian

Vegan

Added Wholewheat



|                      | Monday                                                               | Tuesday                          | Wednesday                                            | Thursday                           | Friday                            |
|----------------------|----------------------------------------------------------------------|----------------------------------|------------------------------------------------------|------------------------------------|-----------------------------------|
| <b>MAIN MEAL</b><br> | <b>OPTION 1</b><br>Mixed Vegetable & Bean Fajita & Oven Baked Wedges | Vegan Bolognese Ragu Penne Pasta | Vegan Roast Quorn Fillet with Roast Potatoes & Gravy | Baked Creamy Mac 'N' Cheese        | Vegan Sausage Roll & Chips        |
|                      | <b>OPTION 2</b><br>Chicken Pie with Mashed Potatoes & Gravy          | Beef Bolognese Penne Pasta       | Roast Chicken with Roast Potatoes & Gravy            | Creamy Chicken Curry & Carrot Rice | MSC Approved Fish Fingers & Chips |
| <b>VEGGIES</b><br>   | Peas & Carrots                                                       | Sweetcorn                        | Broccoli & Peas                                      | Carrot & Mixed Salad               | Beans                             |
| <b>PASTA</b><br>     | House Tomato Sauce                                                   | Cheese Sauce                     | House Tomato Sauce                                   | Cheese Sauce                       | Creamy Pesto                      |

**AVAILABLE EVERY DAY** Our crunchy colourful salad & jacket potatoes with cheese, beans, tuna mayo or cheese and beans

|                         |                                       |                                          |                          |                                  |                |
|-------------------------|---------------------------------------|------------------------------------------|--------------------------|----------------------------------|----------------|
| <b>SWEET TREATS</b><br> | Strawberry Yoghurt & Strawberry Sauce | Mixed Berry & Apple Crumble with Custard | Orange Jelly & Mandarins | Gingerbread Squares with Custard | Garden Brownie |
|-------------------------|---------------------------------------|------------------------------------------|--------------------------|----------------------------------|----------------|

Desserts available every day - a choice of jelly, fruit or yoghurt

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